

**In the Specification**

Please amend the specification as set forth below:

Please amend the paragraph beginning at page 2, line 5, as follows:

The present invention aims to alleviate the above problems. The solution is provided by means of a holder for a microtitreplate or an array of separate test tubes having a first panel provided with a recess for receiving each well of the microtitreplate or test tubes and a second panel, which together with the first panel and three side walls forms an inner space, wherein a fourth side includes an inlet for gas or liquid, whereby the gas or liquid entering the inner space via the inlet leaves the inner space via the recesses along the outside of the wells according to claim 1 and a method according to claim 6. The solution is likewise provided by a method for cooling or heating samples contained in wells of a microtitreplate or an array of separate test tubes involving inserting the microtitreplate or array of separate test tubes into a holder described above.